

EAT LESS AND TAKE SALTS FOR KIDNEYS

Take a Glass of Salts If Your Back
Hurts or Bladder
Bothers.

The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out. They weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead, your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home. Because nobody can make a mistake by taking a good kidney flushing any time.—Adv.

The Difficulty.

"I took your Jad Salts and know nothing about how the place ought to be run." "I'll say he does," answered Farmer Corbush. "I'll say he knows all about it. The trouble seems to be that the hired man and I are too dumb to follow your instructions as fast as you can give 'em."

GREEN'S AUGUST FLOWER.

Constipation invites other troubles which come speedily upon us. Green's August Flower which is a gentle laxative, regulates digestion, both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and purifies the blood. It is a sovereign remedy used in many thousands of households all over the civilized world for more than half a century by those who have suffered with indigestion, nervous depression, sluggish liver, running up of food, palpitation, constipation and other intestinal troubles. Sold by druggists and dealers everywhere. Try a bottle, take no substitute.—Adv.

A Sincere Compliment.

His Wife—What did little Mr. Peck say when you showed him that portrait of his wife?

Peck (the portrait artist)—Not a word. The hood just looked at it in silence.

His Wife—Good! It was so lifelike he didn't dare speak as its presence without permission.—Houston Post.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the

Signature of *Wm. L. Fletcher*
In Use for Over 30 Years.
Children Cry for Fletcher's Castoria

Getting a Night Out.

"I'd like to have you come to my house tonight to a stag party."

"Will you put that in writing?"

"Do you doubt my good faith?"

"By no means. Just want to show the document to my wife."—Louisville Courier Journal.

Thousands Have Kidney Trouble and Never Suspect It

Applicants for Insurance Often
Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease. It is on sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Naturally.

"I am on the scent of success."
"What are you doing?"
"Raising onions."

MURINE Night and Morning.
Have Strong, Healthy
Eyes. If they are Itchy,
Smart or Burn, if Sore,
Irritated, Inflamed, or
Gravelled, use Murine
often. Soothes, Refreshes. Safe for
Infant or Adult. At all Druggists. Write for
Free Eye Book. Murine Eye Remedy Co., Chicago

WASHING AND AIRING THE SHIP'S FURNITURE AT SEA



This photograph, taken on the U. S. S. Florida while at winter practice with the Atlantic Fleet, shows the mess room furniture being washed and aired, an irksome but frequent duty.

Bodies of Czar and Family Burned by Sulphuric Acid

New Details of the Tragedy That Wiped Out the Russian Royal
Family on July 17, 1918. Brought Back to the United States
by Col. George H. Emerson of the Engineer Corps
—Scene Unspeakably Horrible.

St. Paul, Minn.—How the former emperor of Russia and her eldest daughter died in prison-making the sign of the cross, while former Czar Nicholas and his heir were murdered before their eyes, and how the assassins then turned their guns and bayonets on the remaining members of the czar's family and their retainers, is told in a report brought back from Moscow by Colonel George H. Emerson, of St. Paul.

Colonel Emerson, formerly general manager of the Great Northern railway, returned from Russia January 20. He was a member of the American railway mission, headed by John F. Stevens, which was sent to Siberia in November, 1917, to keep open the Siberian railway in the hope that Russian forces might be kept in the field. While the mission was on route the Kerensky government went to pieces, but Colonel Emerson was one of those who remained in Russia for twenty-six months attempting to assist the country to regain its fighting power.

Czechs Investigated Tragedy.
Extracts from a special report prepared by General Dietrichs furnish the basis for the story of the murder of the former czar and his family, and these are augmented by an investigation by the Czechs, under command of General Gaila, who bearing a staunch friend of Colonel Emerson.

On the night the czar and his family were murdered Colonel Emerson and other members of the mission were only about sixty miles distant. According to the report, a copy of which is in Colonel Emerson's possession, the czar and his family were awakened between midnight and 1 a. m. July 17, 1918. They were brought down stairs in their house at Ekaterinburg and told the Czechs would soon be upon them, and that therefore it would be necessary to put them to death. Almost immediately the red guards began firing.

The mutilated bodies of many of those murdered that night were discovered, but it is believed that the bodies of the czar and of the members of his immediate family were consumed by great quantities of sulphuric acid. Jewelry and trinkets possessed by them were found near the scene of the murder. These included many of the royal jewels.

Daily Life Sharply Restricted.
With the usurpation of the government by the bolsheviks severe restrictions were placed on the daily affairs of the czar's family. Thus, a valet, who had been in the czar's family for ten years, stated that after the turnover "there followed severe restrictions both in the funds for the upkeep of the czar's family and in the matter of its occupation, and particularly in regard to their walks. When a demand was unexpectedly made by the

central committee for the czar's family to transfer immediately to Ekaterinburg the czar's plan that his son was received with consideration.

As far as could be learned by the examination of inhabitants the leaders in the murder were Commissary Yurovsky and his assistants, a workman of the Isosky works, Pavel Medvedev, and the red guards, Levantuk, Parris, Kozanetsky, Melnik, Letomir, Sterkorn and Yakimoff. Some of them boasted of their participation.

The tragedy of July 17, 1918, was described in Ekaterinburg by the words of her brother, Anatole Yakimoff, one of the red guards of the house of Isosky. She said on the day following the murder her brother came to her, tired and broken down, and in great agitation announced:

"This night Nicholas Romanoff, his family, the doctor, the fraulein and the butlers were killed. All of the captives were awakened between midnight and one o'clock and requested to go downstairs. Here they were told that the enemy (Czechs) would soon be in Ekaterinburg and that therefore it was necessary that they be put to death. Then and there the red guards began to shoot at the czar's family. The first to be killed were the emperor and the heir. The rest of the prisoners were wounded. They had to be finished off by further shooting, but with the butt ends of muskets and stabbings with bayonets."

Czarina Thirty-Two Times Wounded.

"There was particularly great trouble with the fraulein. She was wriggling and attempting to defend herself with a pillow. On her body 32 wounds were counted. The grand duchess, Anastasia Nikolaevna, had fainted. When we began to examine her she shrieked wildly, after which she was killed with bayonets and rifle bullets."

According to Yakimoff, the murder scene was so unspeakably horrible that he could not endure it.

"I went outside for a breath of fresh air several times," he declared.

The evening following the murder Yakimoff left for the front, and when he came to bid farewell he was utterly out of countenance. His face was pinched, the pupils of his eyes dilated, and his lips were trembling.

Another red guard, Kurma Letemir, related that on the day of the murder he was to have taken his post in the sentinel booth in the street, when he observed a boy of the emperor's household in the street. When he inquired why, another of the red guards, Sterkorn, told him of the murder. According to Sterkorn's story, Commissary Yurovsky had killed the czar, having previously read to him some paper, presumably the order of the red soviet of deputies. He told that during the murder both the empress and her eldest daughter were present.

Went to Aid Dying Woman, Found She Was His Mother.

Crossing the street to offer aid to a woman he saw sitting on the steps of an apartment house in Beloit, Wis., Earl Fosse found his mother dying from apoplexy. She was on her way home from shopping and died soon after her son reached her.

and were making the sign of the cross. After the czar had been done to death Pavel Medvedev, assistant in Yurovsky, and the Letta killed the entire family and also the court retinue. The bodies of the murdered were placed in a motorcar and sent away, he said.

Later the police officers took away from Kurma Letemir about one hundred different articles, all having belonged to the czar's family, and obtained, according to him, some time during the cleaning of the house after the murder. Others were taken from his brother Melnik, a red guard.

Woman Confirms Story.
A similar picture of the murder is drawn by the wife of Medvedev, the commandant's assistant, confirming her husband's participation.

Prasop Kuchanoff, a red guard, who served in the house guard, told that he was in the Working Men's club of the Verk-Issetsk works July 18 or 19, and that the president of the executive committee of the soviet of workmen and soldiers' deputies, Serge Malishkin, the military commissaire, Peter Yermakoff and other prominent members of the bolsheviks were conducting a secret conversation. Kuchanoff said he caught the sentence:

"There were thirteen of them altogether, the thirteenth was the doctor." As they moved away, he followed them and heard one of them say:

"This is the second day we have been fussing. Yesterday we buried them, and today we have to bury them."

From this he deduced that Levantuk, Parris and Kozanetsky took part in the funeral of the royal family. Their talk was boastful, he said, and they told that their victims had been dressed in civilian clothing in which was skillfully sewed many valuables. He also said he heard one of the speakers deny that the heir had died at Tobolsk, as reported; because he was one of their victims.

From their conversation he also learned that the slain first were buried just outside of Ekaterinburg, but that later their bodies were distributed to other places further away.

General Dietrich's special report concludes as follows:

"The correspondence will be submitted to examination for the purpose of establishing the participation in the death of the ex-emperor of the local and central soviet authorities. Besides this, in the near future one of the principal parties to the murder, in fact, the direct murderer of the czar, Pavel Medvedev, who has only just been detained, will be examined.

"The committee of inquiry attaches great importance to the cross-examination of this witness, since, in all probability, all the circumstances of the death of the former czar and his family will be made clear. It is probable, also, that clues as to the whereabouts of the corpses may be obtained, the search for which, notwithstanding all the measures taken, has furnished no results. At the present moment the business of investigation has been entrusted to the examining magistrate for special cases, Mr. Sokoloff. Also the necessary steps have been taken to preserve all articles of the ex-emperor and family which were found at the time of the search and which in the aggregate have a historical value."

Profit in Coyote Pelts.

Pawnee Rock, Kan.—Due to the high prices being paid for coyote pelts, in addition the benefit derived from lessening the marauders population, hunting coyotes has developed into a popular pastime in this vicinity this season.

As the pelts sell for from \$8 to \$12 each and the state pays a bounty of \$1.25 for each scalp, one "kill" a day nets a good profit to the hunter.

Where Can I Find Relief From Itching, Terrifying Eczema?

Question on Lips of Afflicted.

There is a harassing discomfort caused by Eczema that almost becomes a torture. The itching is almost unbearable, and the skin seems on fire with the burning irritation. A cure from local applications of salves and ointments is impossible, because such treatment can only allay the pain temporarily. The disease can only be reached by going deep down to its source, which is in the blood, the disease being caused by an infection which breaks out through the skin. That is why the most satisfactory treatment for all so-called skin diseases is S. S. S., which acts by cleansing the blood. Get a bottle to-day, and you will see results from the right treatment. Medical advice free. Address: Medical Director, 48 Swift Bldg., Atlanta, Ga.

Thousands of Happy Housewives in WESTERN CANADA

are helping their husbands to prosper—are glad they encouraged them to go where they could make a home of their own—were, peace, rest, and reduce cost of living—where they could reach prosperity and independence by buying on easy terms.

Fertile Land at \$15 to \$30 an Acre
—land similar to that which through many years has yielded from 20 to 40 bushels of wheat to the acre. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such crops come prosperity, independence, good homes, and all the comforts and conveniences which make for happy living.

Farm Gardens—Poultry—Dairying
are sources of income second only to grain growing and stock raising. Good climate, good neighbors, churches, schools, rural telephone, etc., give you the opportunity of a new land with the conveniences of old settled districts.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, and Alberta, contact nearest sales office, or write Department of Immigration, Ottawa, Can., or F. H. Hewitt, 2012 Main St., Kansas City, Mo., or C. J. Bronghton, Room 412, 112 W. Adams St., Chicago, Ill.

Canadian Government Agents

Not Noticeable.
"The cost of living is terrible."
"Yes, but tonight few people are anxious to die to save money."

Cuticura Soothes Baby Rashes.
That itchy and burn with hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each, everywhere.—Adv.

MADE DISCOVERY TOO LATE

Detective's Knowledge Really Did Him
Little Good After He Had
Acquired It.

While they waited for the train, two passengers entered into conversation. Presently one disclosed the fact that he was a detective, and the other was greatly interested.

"I suppose you have an exciting time," he exclaimed.

"Yes, I must say I have had my share of it," owned the sleuth.

"Discovered a great many genuine friends, I suppose?"

"I should say so," the detective replied. "Between you and me, the most complete case of fraud I ever saw was a woman, young and pretty. I would have been ready to swear she was an angel. But she has a temper like a whirlwind, and is as cunning as a serpent."

"How did you discover her true character?"

"I married her."

A Cool Head.

While a six-year-old child of the East end was getting ready for school the other day her mother noticed that the water was fairly dripping out of her hair, and exclaimed: "Why, Wilma, what makes you wet your hair this cold day?"

The youngster replied: "Teacher told us to. She told us to keep our feet warm and our heads cool."—Indianapolis News.

A time for everything, and everything in time.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and will make harsh hair soft and glossy. It will not set or of the scalp, is not sticky or greasy, and does not rub off.—Adv.

Sheer Kindness.

Moreover, he was large-minded enough to overlook his poverty for the sake of love. He proved this by proposing to the waitress.

But the waitress was seized by her experiences of the greediness of men and doubted the sincerity of his affection.

"Are you sure," she asked him sternly, "that it is not merely because of my money that you want to marry me?"

"Of course, not," replied the shabby suitor frankly. "I am anxious to marry you because I haven't the heart to let you become an old maid merely because you happen to own half a million."

And Chilly, Too.

Jimson meant well, but somehow he was always putting his foot in it.

At a dance he was presented to a young lady whose proportions were anything but meager. As usual, he asked her for a dance. She replied with a disconsolate air:

"I am only free for the two-step and I cannot pledge myself for that because I'm afraid my people will be leaving before it comes off."

Jimson thought he saw a chance for a compliment, and said:

"Oh how empty the room will seem when you have left it!"—Pittsburgh Chronicle Telegraph.

Business.

Reno—He always rubs it into the people, friends or no friends.

Henry—Always knocking, eh?

Reno—No; he's an osteopath.

Hard Work Tires

muscles and nerves,
and then to whip them
with coffee, with its
drug caffeine, makes
a bad matter worse.

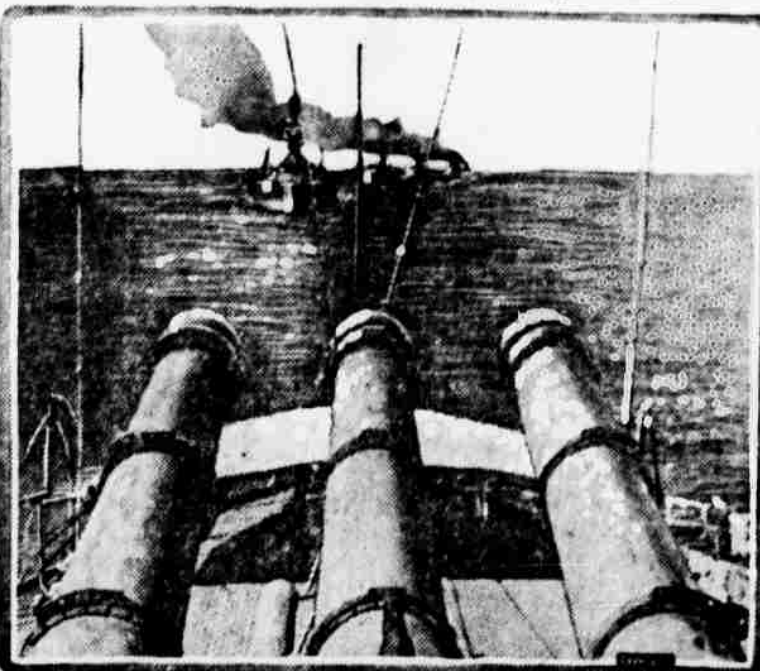
POSTUM CEREAL

is a drink for workers
that contains no drug,
but furnishes a finely
flavored beverage, full-bodied
and robust, pleasing to
former coffee drinkers.

Two sizes At grocers
Usually sold at 25¢ & 15¢

Made by
Postum Cereal Co., Battle Creek, Mich.

ATLANTIC FLEET IN CUBAN WATERS



From front to back, the dreadnaughts Arizona, Oklahoma, Nevada, Delaware, Utah and Florida following the flagship Pennsylvania in winter maneuvers at Guantanamo bay.